

# Safety On The Road

## Looking Good With Vision Correction

Your ability to see when you are driving at night gets worse with age. For example, it is estimated that a 39-year-old person needs four times as much light to see an object at night as a 13-year old.

**There are some things you can do to make this bad situation better. Remember these tips for better night vision:**

- Have your eyes checked regularly, and use the recommended prescription eyewear.
- Get accustomed to new eyewear before attempting to drive. Make sure you can immediately focus on the road, mirrors and instrument panel.
- Give your eyes several minutes to adjust to the darkness when you leave a brightly lit area before you attempt to drive.
- Never wear tinted glasses of any type for night driving — not variable tint eyewear and certainly not sunglasses.
- Do wear sunglasses on bright days to protect your eyes. This will help your eyes to better adjust to night conditions.

- Keep your eyeglasses clean. Use a proper cleaning solution and cleaning cloth to prevent scratches. If you wear contact lenses, keep them clean according to the manufacturer's instructions.

- Be aware of the hazards of driving into the sunset or sunrise, when it is especially difficult to see and be seen. If necessary, pull over until the glare has diminished. Make sure your headlights are on before the sun goes down and until the sun is up. Many companies require running with headlights on during daylight hours too.

- Keep your eyes moving at all times to check the conditions around you. Do not allow your vision to freeze on one view. Use the rear view and side mirrors, look into the distance and into the space right in front of you. Watch for traffic situations well ahead of your vehicle and movements beside the road.

- Keep your windshields and windows clean. Cigarette smoking in a vehicle creates a film on the inside of windows which must be removed frequently.

- Keep your vehicle headlights clean, and have them checked

regularly to make sure they are aimed correctly.

- Do not look directly at approaching headlights. Instead, use the markings at the right side of the road as a guide until the other vehicle has passed.

Having good vision means being able to see clearly without a blur at all distances. Good vision also means having the depth perception to be able to judge the relative distances between objects or between an object and yourself. Good peripheral vision — being aware of a large area without moving your eyes — is also required for driving safety. Your eyes must be able to work together to see one image. Color perception is also important to driving safety. Good night vision is also needed — the ability to see objects under low illumination with glare.

*Changes in vision often go unnoticed. Have regular eye examinations so defects can be corrected. Make sure you can see to drive safely — day or night!*

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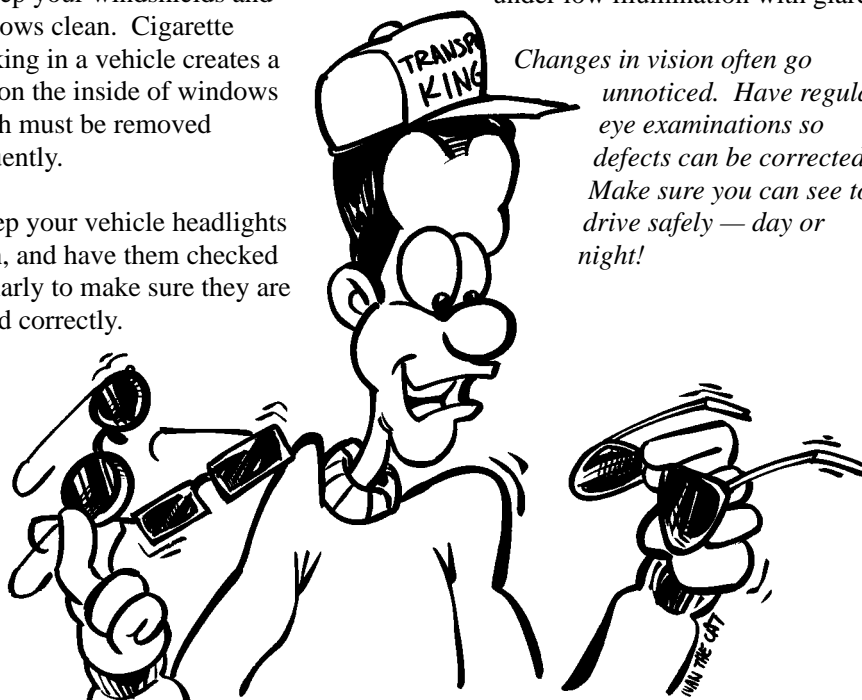
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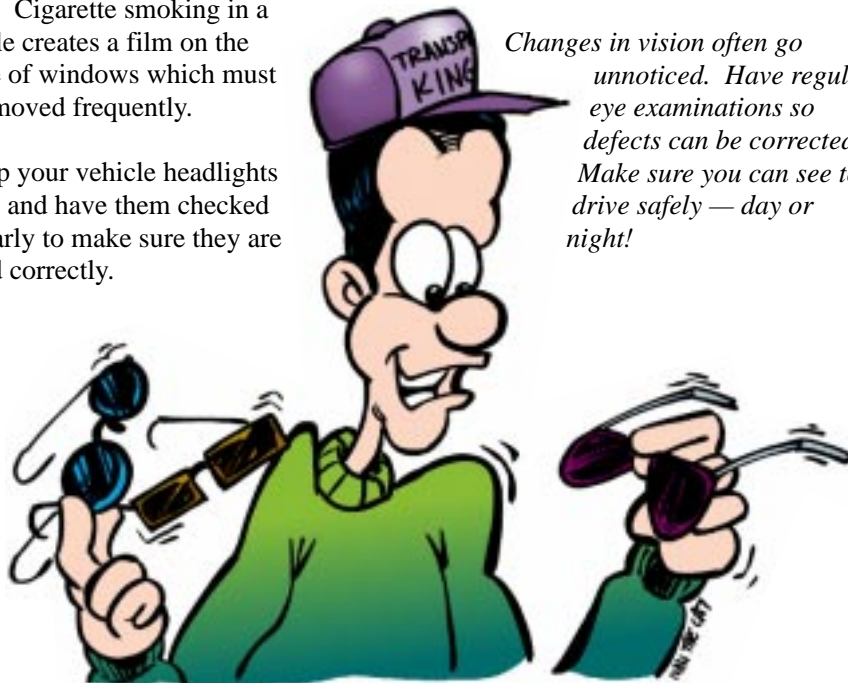
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